

Requested Donation is \$2.00 per meal

# SAUGUS SENIOR CENTER

## LUNCH PROGRAM –

JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Roast turkey Florentine Sour cream dill potatoes California blend veg. Pudding	<b>3</b> Mini ravioli/meat sauce Garden salad/dressing Italian bread Cookie	<b>4</b> Eggplant parm/marinara sauce Capri blend veg. Rye bread Fresh fruit	<b>5</b> Shredded Beef over Rice Garden salad/dressing WW bread Fresh fruit	<b>6</b> Salmon/dill sauce Yellow rice Green peas WW bread Fresh fruit
<b>9</b> Chicken piccata Whipped potato Italian blend veg. Italian bread Pudding	<b>10</b> Turkey pasta primavera Garden salad/dressing Snack loaf Fresh fruit	<b>11</b> Stuffed shells/marinara sauce Broccoli WW bread Fresh fruit	<b>12</b> Lemon pepper pork Black eyed peas & brown rice Garden salad/dressing WW bread Fresh fruit	<b>13</b> <b>FATHER'S DAY SPECIAL</b> Beef bourguignon Red potatoes Corn WW bread Brownie
<b>16</b> Jerk chicken Italian blend veg. WW bread Chilled peaches	<b>17</b> Macaroni & cheese Garden salad/dressing WW bread Pudding	<b>18</b> Roast turkey/gravy Wild rice California blend veg. WW bread Fresh fruit	<b>19</b> Chicken parmesan Penne pasta Garden salad/dressing Italian bread Fresh fruit	<b>20</b> BBq pulled pork Rice & beans Spinach WW bread Cookie
<b>23</b> Chicken and broccoli alfredo Ziti Capri blend veg. Muffin Chilled pineapple	<b>24</b> Roast beef/gravy Garlic mashed potatoes Garden salad/dressing WW bread Fresh fruit	<b>25</b> Braised chicken/jicama lime Spanish rice California blend veg. WW bread Cake	<b>26</b> Turkey chili Mashed sweet potatoes Garden salad/dressing WW bread Pudding	<b>27</b> American chop suey Broccoli Rye bread Fresh fruit
<b>30</b> <b>Pizza Party</b> Luncheon/Entertainment 2 Slices Pizza Garden Salad Ice Cream Sandwich <b>\$6.00</b>	<b>HAPPY</b>  <b>FATHER'S</b>  <b>DAY!</b>		<b>MENU SUBJECT</b>  <b>TO CHANGE</b>  <b>WITHOUT NOTICE</b>	

**ALL MEALS SERVED W/ BREAD AND 1% MILK**